



A difficult world

It is not easy living in or out of the closet.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Staying healthy

People need to make better decisions.
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MONDAY, MARCH 29, 2010

CONESTOGA COLLEGE, KITCHENER, ONT.

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42ND YEAR - NO. 11

A great day for a great cause

By ALEX COOKE

Third-year advanced police studies students couldn't have asked for better weather on the day of their charity barbecue and volleyball tournament, March 18.

The charity of choice this year was Camp Trillium, a childhood support centre, which will receive \$3,000.

The camp offers a place for children afflicted with cancer and their families to play in a safe and clean environment.

The students were inspired by Conestoga's fitness technician for academic programming, Colleen Holmes, who lost her son Danny at the age of four in 1997 to neuroblastoma, a common form of cancer in children. He attended the camp in 1996.

"I've been blessed with working with amazing students," Holmes boasted proudly. "The credit goes to the 14 students who raised the money."

Each year, the advanced police studies class is assigned a group project to organize and hold a charitable event. Faculty member Duane Shadd busily grilled up dozens of burgers and sausages for the event and was proud of the class's work.

"The fact that they did this as a class is great," Shadd said. "Community service is

essential in the police services program."

The project started at the beginning of the semester, with students canvassing local businesses to donate gift cards to be raffled. Some cards worth \$25 were donated by Giant Tiger, Boston Pizza and Eastside Mario's. Other prizes included shirts and accessories from Good Life Fitness, knitted mittens and jewelry.

A prize for best dressed team was given to the Fanny Packs, and the winner of the final game was Sets Drive.

Organizers Jade Petty, Adrian Massett and Beckie Squires enjoyed the sunshine while selling tickets for the raffle, which was one of the best aspects of the day.

Massett said having so many turn out to support the camp was great. "And we lucked out with the weather."

"Even some family and friends have shown up to show their support," added Tyler Tripkovic, who prepared paper plates with fresh hamburger and hotdog buns on top of napkins for those lined up for the grilled lunch.

Each of the organizers, including the teachers involved, wore white T-shirts they decorated with coloured markers. Written on everyone's back were their personal



PHOTO BY ALEX COOKE

Faculty members Geoff Johnstone, left, and Duane Shadd, grilled burgers and sausages, while third-year advanced police studies student, David Brown, middle, checked on supplies at the advanced police studies charity barbecue and volleyball tournament on March 18.

al reasons for participating in this year's charity event. Included were dedications to mothers,

aunts and especially Colleen and her son. Holmes described her son as a daredevil with big, blue eyes.

"He was a baby-womanizer," Holmes said with a laugh. "He loved women, and they loved him."

IRISH EYES ARE SMILING



PHOTO BY ALEX COOKE

Many Conestoga students pretended to be Irish at the St. Patrick's Day Nooner, held in the Sanctuary on March 17. Some dressed the part, while others just enjoyed the green beer, including, front row, left to right, Leonel Earreira, Jeff Woods, Mary Clare Wilkie, Kelsi Wilson, Robyn Meyer and Peter Verhoeven, and back row, from left, an unidentified student, Michael Werchola, Sergio Zaga and Dave Watt.

Two more trucks stolen from college parking lots

By CHRIS BATT

Car thieves are once again targeting pickup trucks at Conestoga College.

Over the past month, two pickup trucks have been stolen from college parking lots during the day. One was taken from the college's Doon campus on March 4, while the other was taken from the Guelph campus on March 16.

Both trucks were late-model GMC Sierra pickup trucks, with aftermarket rims and tires.

"The thieves might have been targeting these vehicles for their aftermarket parts," said John Anderson, a security representative at the col-

lege. "These parts can often be expensive."

In January, two pickup trucks were stolen from the Doon campus, which prompted Security Services to increase patrols and improve surveillance of the lots.

Last month, one person was arrested in connection with vehicle thefts at the college. The person was allegedly working with an organized crime ring operating out of Brantford. Security officials say the same group is likely responsible for the two most recent thefts.

"This theft ring may involve hundreds of people," said Anderson. "One arrest is not going to deter them from stealing vehicles."

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If you could only see black, white and one colour, which colour would it be?



"I would pick blue.
Everything would be mellow."

Rob Hall,
second-year
woodworking

"I'm going to say red for sure just because it's bright and reminds me of what it might be like to be an X-men."

Gillian Elliot,
second-year
bachelor of science
in nursing



"Green, because it's my favourite colour."

Marc Stanoev,
second-year
woodworking



"Red. It would make everything mysterious and deep."

Chelsea VanKeulen,
first-semester
arts and sciences



"Green - so I always know where to look to be happy."

Erin Farrar,
first-year
journalism print



"I would choose red because of the contrast with black and white. It's not overwhelming like yellow or orange - it's more subtle and appealing."

Richard Seale,
post-grad
professional accounting practice



Smile Conestoga, you could be our next respondent!

Fundraising for Ecuador

By NICK DASKO

Like most Conestoga students I have a vague idea of where Ecuador is, but if you asked me to pick it out on an unlabelled map, I would likely get the answer wrong. I will, however, be attending a fundraiser for an Ecuadorian school on March 31.

Strumming for San Roque is a Latin-American themed event being held at Caesar Martini's in Waterloo. Samplings of Ecuadorian cuisine, performances by Latin-American singers and salsa dancing are all elements of what is expected to be a tremendous evening.

Proceeds are going to Centro Infantil Alejo Saes, a government-run school for underprivileged aboriginal children in the San Roque area of Quito, which is

Ecuador's capital city. The school also runs weekly and monthly programs to educate the mothers of its students to help them find employment.

"Many of the parents of these students are unemployed. This gives the kids a place to go so that parents can look for work," said Nikki Proctor, one of the four students who planned the fundraiser as part of their event management program at Conestoga's Waterloo campus.

Samantha Martin is also in that group. "I have at least 200 emails in my folder just from the back and forth between our group." Along with Sarah Sim, and Stephanie Aniol, they each devoted three hours a week to working on this event.

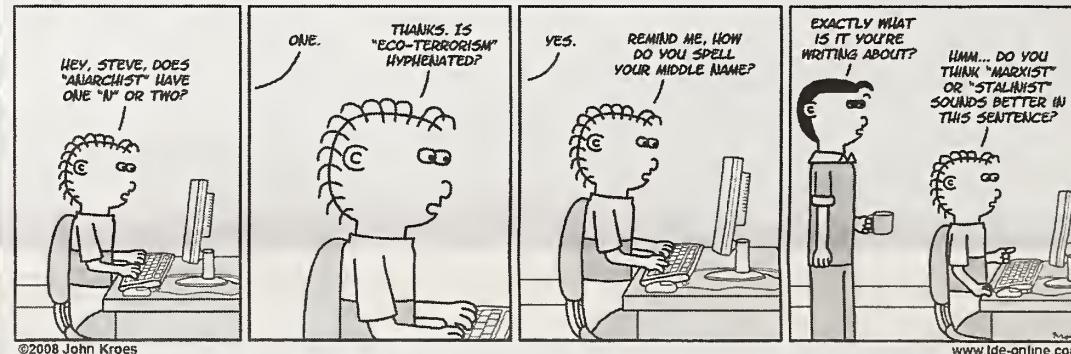
Featured foods at the fundraiser will include sam-

ples of vegetable empanadas and quinoa salad.

Tickets will be available at the door but can also be purchased in advance through strumming.sanroque@gmail.com or at Caesar Martini's. There are a limited number of tickets, which cost \$10, and include samplings of the Latin-American cuisine, as well as salsa dancing lessons that are being provided by Salsa Ontario. A raffle and a 50/50 draw will also be part of the evening as will sales of Ecuadorian goods. Flamenco guitarist Juneyt Yetkiner will be performing as will Gianni Salvador who plays guitar in the nueva canción style.

Doors open at 6 p.m., with the evening going until 10 p.m. Caesar Martini's is located at 140 University Ave. W. in Waterloo.

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Start living a healthy lifestyle

These tips will help you stay fit or become fit while at college

By SARAH MACINTOSH

Many students have trouble maintaining a healthy lifestyle after they leave home for college. It's a stressful process where you need to get into the routine of exercising regularly and eating well to achieve a healthy weight.

One of the best ways to improve your health is to eat a balanced diet full of nutrients. According to A Wellness Way of Life by Gwen Robbins, Debbie Powers and Sharon Burgess, poor diet is said to contribute to four of the top 10 leading causes of death in our country. Some of the main factors are too few vegetables, fruits and fibres as well as too much fat, refined sugars and too much food overall. There are six major nutrients that our body needs: carbohydrates, protein, fats, vitamins, minerals and water. These nutrients provide energy, build and repair tissues and regulate body processes.

An easy way to eat a balanced diet is to follow Canada's Food Guide. It states females 19 and older should be eating seven to eight vegetable/fruit servings, six to seven grain servings, two milk and alternatives servings and two meat and alternatives servings per day. Males 19 and older should be eating eight to 10 vegetable/fruit servings, eight grain servings, two milk and alternatives servings and two meat and alternatives servings per day.

A lot of students try to stay physically active, but after a while they find it difficult to stay in the routine. There are three factors that contribute to relapse, which are stressors, tempting social situations and cravings. You need to set goals for yourself, make sure they're measurable and achievable and reward yourself when you meet those goals.

The Running Room is the biggest seller in North America of running and walking specialties such as sporting goods, apparel and footwear. When you go to the Running Room to buy a new pair of running shoes, have an employee look at your feet and advise you on which shoes to wear.

Zach Edwards, an employee at the Running Room/Walking Room, said that testing for the right

kind of shoes will help a lot.

"It will help prevent pains through shin splints as well as ankle pains, knee pains and hip pains," said Edwards.

There are three different styles of feet. There is the under pronator, which is the neutral foot with high arches and straight feet, the normal pronator, where the arches will collapse and the ankle will bend over, and the over pronator, which is the flat foot, with flat arches and the ankles bend in.

"Asics are the most popular brand of shoes we carry. People find them the most comfortable," said Edwards.

If you are a member of the Running Room, you can join practice sessions on Wednesdays at 6:30 p.m. or Sundays at 8:30 a.m.

Cleansing is a good idea for teens, especially if you've had a physical ailment requiring drugs.

— Debbie Belrose,
Nutrition House

Motivation is key. If you can take the recommended 10,000 steps a day, you will be well on your way to a healthy lifestyle. Running or jogging routinely can help you get there, and are excellent ways to stay in shape and work on your cardio.

"The only way to start is to just go out and start running," said Edwards.

There is also fun technology out now to help you work toward personal goals of better health and fitness. Nintendo Wii has two games out titled Wii Fit and Wii Fit Plus, which are a combination of fitness and fun designed for all ages. When you first play the game you set a goal for yourself. You can view your progress through charts and graphs, and also receive feedback and encouragement to help you meet your goals. There are three basic types of activities in the game; balance, body testing and training. It includes six training modes as well as more than 60 exercises and activities designed to help improve body balance and fitness. Another bonus to the game is that you can play on multiplayer, so you and

friends or family can have fun while improving your health together.

The natural peak of fitness occurs in the late teens to early 20s. To reach this peak you need to do a recommended 30 minutes of moderate activity five days of the week.

Debbie Belrose is an employee at the Nutrition House, where they sell antioxidants, cleansing products, foundations, vitamins and minerals. She said a lot of age groups use multivitamins which contain necessary omegas from fish oils as well as other basics for life.

"With the economy right now people seem to choose the most affordable or most important supplements or multivitamins. When the economy was better people took more of everything," said Belrose.

Staying healthy is affordable, because, when it comes to supplements and multivitamins, you only need to take the most essential ones.

In addition to vitamins there are many different cleansing and detoxifications.

"Cleansing is a good idea for teens, especially if you've had a physical ailment requiring drugs," said Belrose.

Another popular product at Nutrition House are green supplements. These are green food blend supplements that include health benefits such as more energy, better adaptation to stress, improved memory and concentration.

According to the authors of A Wellness Way of Life, there are five health-related components of fitness. Cardio respiratory endurance is the most important fitness component. It's the ability of the heart, lungs and blood vessels to deliver oxygen and important nutrients to muscles during physical activity. It is needed to keep your heart healthy and to prevent heart disease.

Muscular strength is the second component and is the ability of a muscle to use maximum force against resistance. Weight training is the greatest way to improve strength. Muscular endurance is the ability of a muscle to use repeated force against resistance. This fitness component is essential in everyday activities.

Then there is flexibility, which is movement of a joint



PHOTO BY SARAH MACINTOSH

Kurtis Leonard works on his back muscle strength as Brent Hendel spots him. These two first-year pre-service firefighter students improve their fitness as a team.



PHOTO BY SARAH MACINTOSH

Jessica Hunt, a first-year accounting student, works on her cardio by using the elliptical trainer. The Conestoga gym is free for students attending the college and is open Monday to Friday, 7 a.m. to 11 p.m. and 7 a.m. to 8 p.m. on weekends.

through a full range of motion. This component is important to efficient movement.

The last component is body composition, which is the amount of body fat in proportion to fat-free weight. The best way to figure this out is to have your body composition analyzed by a professional.

There are three parts to a workout. You must have a warm-up, a main part and a cool-down. The warm-up is essential to begin an exercise

session. It prepares your body physically and mentally and will reduce the chance of injury. The main part of the workout is about 20-30 minutes or more. The cool-down is the last part of the exercise session which gets your body back to its resting state.

Maintaining a healthy lifestyle can be difficult for some students but it doesn't have to be that way. By eating well and getting the right amount of physical activity a healthy lifestyle can be easily achieved.

Respect Campaign an effective tool

BY LISA BUCHER

Conestoga College's Respect Campaign effectively conveys and reinforces the important message that the college provides a welcoming, respectful and inclusive environment on campus.

Since the campaign launched in September 2008 it has been an effective tool in educating the college community, especially its Respect: Understanding our Students video. Various students share their stories in the video providing knowledge about the demographics of students at the college and promoting tolerance and acceptance. The storytellers range from immigrants and single mothers to people with disabilities and gays and lesbians.

"We had 77 presentations in total last year, and from May 2009 to the present, we have completed 122," said student life programmer Ryan Connell. "From this, we feel confident that our college community has welcomed it with open arms."

Of the 77 presentations held in the 2008/2009 academic year, 54 were in-class presentations, seven were out-of-class open viewings, six were staff/faculty open viewings and eight were student leader presentations.

After the presentation people are asked to fill out evaluation forms. The feedback from the evaluations showed that 93 per cent of students felt that the video had increased their understanding of various Conestoga College student demographics and 92 per cent felt that the video had increased their understanding of student diversity on campus.

Respect Campaign initiatives include Random Acts of Kindness Day, Respect Day and display booths at various times of the year and at various events throughout the year. The logo and message are also featured in college publications and Respect swag includes bracelets, buttons and lanyards. There are also brochures, a website and posters that effectively convey and reinforce the message of respect.

"I feel the messages behind the Respect Campaign are something most everyone can support," said Connell. "It's about reinforcing an environment for everyone that is respectful, welcoming and inclusive to all."

In this day and age you wouldn't think such a campaign would be necessary. But, unfortunately it is. We should all be proud that Conestoga is promoting respect, and do our part to ensure a respectful environment.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published.



Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Respecting others must become as important as eating and sleeping.

Respect applies to everyone

Everyone is enthralled with the word "respect" these days. It makes dramatic appearances everywhere; in our colleges, businesses and even in our social interactions.

No matter what we say, think or do, we simply expect to be "respected" for the decisions and choices we make.

I agree with this way of thinking, but only to a certain degree. As Canada grows, and cultures, religions and various other differences multiply, it is certainly suitable to have a level of acceptance and respect for others' perspectives.

But along with the dawning of all these new ways of thinking and living, many older traditions are either fading or being ridiculed; religion in particular.

Religion in itself is a touchy subject and no one wants to venture there for fear that they will offend someone. But take a customary religion such as Christianity and many freely toss up jokes and use the name of God inappropriately.

Teachers openly tell jokes



Michelle Sommer
Opinion

involving Jesus in front of the class and then, only if they remember at the end of the joke, they add "I hope that didn't offend anyone."

I am not condemning anyone for having a different religion or world view other than Christian, but in a world full of "respect," it only makes sense to reverence Christianity as much as any other religion.

Along with respecting everyone and embracing their uniqueness, people must also respect religions that are more common and people whose cultures are more familiar.

It seems that whenever we're sure a person does not have a religion, culture or nationality we'll offend, we consider it OK to show them little consideration.

We easily criticize them and attempt to put ourselves

at the top.

Why do we find it so easy to respect those with differences and religions we are unfamiliar with, but so hard to get along with those who have minor differences and traditional religions or ways of thinking?

It is a good thing that colleges in particular, including ours, are quick to show their support of foreign religions and traditions. We have a week dedicated to cultural diversity, we have fashion shows exhibiting the style of different cultures and we have clubs to defend our distinctions, but yet we find it difficult to accept the people we grew up with; the culture we know best.

You'd imagine with all the "respecting" and "accepting" going on that we'd all be getting along famously. But we don't, and in a realistic world we never will get along quite that well.

But can't there be just one small patch of common ground between everyone?

We can respect the countless new traditions and cultures, so can't we respect the established ones?

SPOKE

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Start your own business with help from the government

By MICHELLE SOMMER

With the days getting brighter and longer, the thoughts of finding a summer job follow closely behind for many students.

Most often it's a tossup between yard work and Burger King, but this year can be different. With the Ontario government offering students between the ages of 15 and 29 up to \$3,000 in awards, starting your own summer business can become a reality.

Now until May 6, Summer Company will be accepting applications for the coming season. Here's your chance to break out of your rut and make your mark, whatever you business may involve.

Pamela Healey, director of Co-operative Education and Career Services, believes there are benefits to starting your own summer company. "It's an opportunity to learn how to start and run your own business and how to deal with the challenges that will be certain to arise. There will be side benefits as well, such as improving time manage-

ment and organizational and interpersonal skills," she said.

As an entrepreneur with Summer Company, students will receive hands-on training from other business owners in the community in order to help their company succeed.

Students who are accepted in the program will receive up to \$1,500 for the start-up costs of the business and up to \$1,500 if it is successfully completed.

Healey suggests students should choose a business they enjoy and know they are good at. Also anyone who applies for this should have high energy, be self-directed, confident and willing to take risks. Students should think carefully before taking such a large step.

"It's a big challenge though it has the potential to be very rewarding. It would probably be helpful for them to talk to one or two successful entrepreneurs," said Healey.

To apply, check your eligibility on their website, fill out a business plan as directed, view the sample cash flow



PHOTO BY MICHELLE SOMMER

Whether your dream business is landscaping, painting or being a fashion designer, Summer Company can help you get there. Students who apply can receive up to \$3,000 in awards to get their business started. Applications will be accepted until May 6.

forecast and submit your application.

For more information call 1-877-553-5507 or to learn more and read success stories first visit the website www.ontario.ca/economy and through this find your way to Summer Company.

Search for a job on Mycareer website

By NICOLE FRANK

Mycareer is a great resource for students at Conestoga. The site is accessible through the student portal and provides job postings for summer, part-time and full-time employment.

Lori Shadrach, manager of Career Services and Co-operative Education, said that Mycareer is an excellent tool for students. Once logged in, students can search the job postings by a keyword or by recently added jobs.

"It is easy to use and a great way to stay organized," Shadrach said.

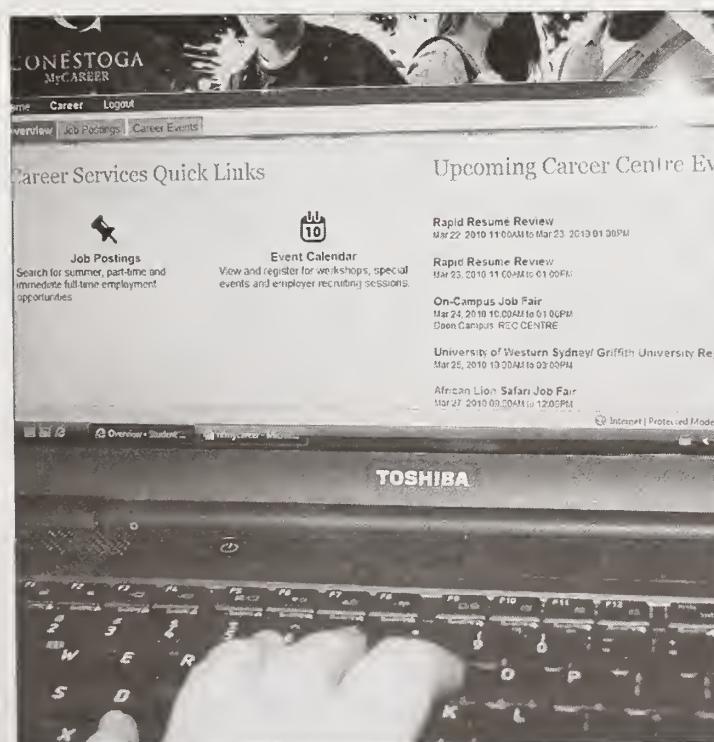


PHOTO BY NICOLE FRANK

Conestoga students and grads can log onto Mycareer through the student portal. Mycareer provides information on employment on and off campus.

On Mycareer, students are able to keep track of their scheduled interviews and all of the jobs that they have applied for.

All of the job postings pro-

vide information on when it was posted, the application deadline and the application method. A job description and salary rate is also included.

Mycareer also provides job postings for on-campus work studies and employment.

Shadrach said she is going to work on posting all on-campus jobs on Mycareer such as CSI positions in the near future.

"We want to provide the students with the best information possible," Shadrach said.

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Homosexuality may ... 'But it sure as hell

BY JUSTINE REIST

With so many stereotypes and expectations of people in today's world, being different is one of the hardest things anyone will go through. If you choose to dress differently, have different interests or have a different sexual orientation, people will have something to say about it. Being a homosexual in Canada may legally be easier than anywhere else in the world, but day-to-day living is still a challenge.

"I am totally still afraid of being an openly gay parent," said Mandi Mizuki. "It's still not overly acceptable and people would not only alienate me but my daughter as well."

Mizuki had her daughter at 19 years of age and has faced daily challenges not only with being a young mother but also how to handle the fact that she is a homosexual raising her daughter on her own.

In 1993 a story broke about a grandmother winning custody of her three-year-old grandson on the grounds that her daughter was unfit to take care of him because she was a lesbian. The decision was appealed and overturned, but a Supreme Court again ruled in the grandmother's favour. Single homosexual parents, both male and female, fear the same thing could happen to them.

"It's not like it's a choice. If it was lets face it, I'd go the easier way and just be hetro."

Marriage between same sex partners is legal across Canada, the only place in the world that it is widely accepted. In the United States certain states have passed laws pertaining to marriage between same sex partners, while other countries ban the simple act of two men or women being together and have it punishable by death. In early 2010 people across the world joined together to try and stop a bill being passed in Uganda making

homosexuality punishable by death or life in prison.

"Sure, we're allowed to get married and us holding hands in public isn't going to land us in jail," said Joe Smith, a Conestoga College student. "But, the ridicule we face is enough to keep us way back in the closet."

**It's not like it's a choice.
If it was lets face it,
I'd go the easier way
and just be hetro.**
— Mandi Mizuki

Smith did not want his real name used for fear of a backlash from his friends and family who think he is straight.

"Nobody knows, not one person in my life knows I'm gay," said Smith. "But, I wanted to speak out. It may be accepted but it sure as hell isn't easy."

Many homosexuals still hide in the proverbial closet to prevent public ridicule.

"My biggest triumph was, unfortunately, coming out," said Mizuki. "It's hard to get any triumphs when most people are still putting you down."

Toronto boasts a wider acceptance than any other city in Canada, and even was successful in bringing World Pride 2010 to our doorstep. But, was it just a way to put some much-needed tourist funds into the coffers?

"Explain to me this, why is there a segregated area for homosexuals (Church Street?)" said Smith. "It's kind of like, 'yeah we accept you, but please stay together in that area.' I just don't get it."

Males seem to have a harder time coming out to their male friends than females do to each other. When a group of straight male friends is confronted with a situation

where a member of the group is a homosexual, tension and apprehension can take over.

"I had a friend who always talked about girls and acted macho all the time," said Mike Greene, a Toronto resident. "One day while in the car he just came out to me after I asked him about a girl we were just with. He apologized profusely for being gay, I still don't understand why."

Studies have shown that being a homosexual is not something you choose, that you do not wake up one morning and decide that you are going to be interested in the same sex. Like heterosexual individuals, those who are homosexual cannot help who they are attracted too.

The American Psychological Association defines sexual orientation as "an enduring emotional, romantic, sexual, or affectional attraction that a person feels toward another person. Sexual orientation falls along a continuum. In other words, someone does not have to be exclusively homosexual or heterosexual, but can feel varying degrees of attraction for both genders. Sexual orientation develops across a person's lifetime — different people realize at different points in their lives that they are heterosexual, gay, lesbian or bisexual."

"My friend cannot help that he is attracted to men," said Greene. "He was so afraid that he would lose friends because of the way he was born."

Even though studies have been conducted to prove that being a homosexual is not a choice, the divide between science and religion is still strong.

"Religion seems to hate us," said Smith. "I go to church, I'm Catholic, I don't sin and I'm an all around good person. But, because I'm gay does that mean I'm going to hell?"

Open-minded people have come to accept that homosexuals are everywhere in our communities. We talk to them daily at work, at businesses and over the phone and bump into them on the street. But, some still hold strong that those who are interested in the same sex can be saved and will one day revert to a heterosexual.

"I pretty much fail at being an open lesbian," said Mizuki. "People know I like women and not men but that doesn't mean I really date women because of the negative feedback that comes directed at my daughter."

Even proud homosexuals are forced to shut down due to negativity slung at them from people who just can't accept that they are just like everyone else, just wanting love.

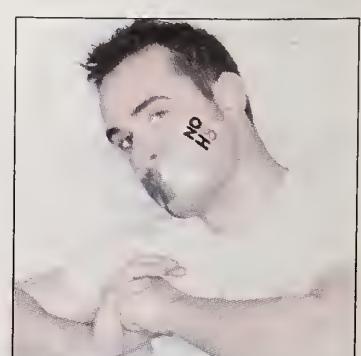
**He apologized profusely
for being gay.
I still don't understand
why.**
— Mike Greene

"I'm so proud to be who I am," said Mizuki. "I just don't want my daughter affected by my decisions."

The good news is homosexuals are accepted in some places. At Conestoga College there is a group of students who offer a place where those who are gay, lesbian, bi-sexual or anything else can get together and feel like they belong. Conestoga Pride is a group of people who love just as everyone else loves. And Toronto holds Pride Week every year and pulls in thousands of people both gay and straight.

"We're more accepted, and the support we receive from people is amazing," said Smith. "But, aside from those groups and events, it's still not easy being gay."

PHOTOS BY ADAM BOUSKA
Celebrities and supporters posed for Adam Bouska's camera to support the No Hate campaign. It was started as a silent protest to the anti-gay marriage law Prop 8 that was passed in California in 2008. To learn more visit www.noh8campaign.com



be more accepted ... isn't easy: a Conestoga student

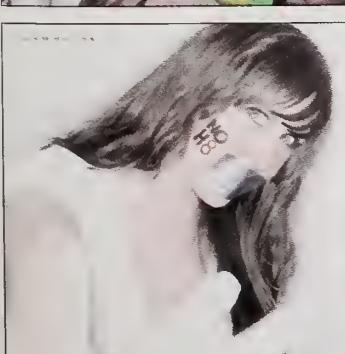


PHOTOS BY JUSTINE REIST

Every year thousands of homosexuals and supporters crowd the streets of Toronto to celebrate homosexuality. For a week Toronto throws parties and holds concerts. It ends with a huge parade to show its diversity. The young and old come to watch and support family members and strangers. Although there are people who try to crash the party, they don't get away unscathed. You can't keep the pride down.



Matthew Shephard, right, was just one of many homosexuals who have been murdered for the simple fact that they were gay. In 1998 he was beaten and left to die.



If I had a million dollars

Once a week I play the lottery, usually focusing on the Cash for Life that the Ontario Lottery Gaming Organization dangles in front of me. I fantasize about how awesome it would be if I won \$1,000 every week for life. I wouldn't have any debt and my life would be so much easier. I wouldn't have to take the bus for two hours every day to school and I wouldn't have to stress about how I was going to pay this month's rent.

I decided that winning the lottery would be my ticket out of the stresses of everyday life until I watched the TLC special, The Lottery. For the most part the people on this show were on the same boat

that I was but then they hit it big and suddenly had millions of dollars at their disposal. They were so happy that for once in their lives they had no worries. However, the show also examined the ultimate question of whether or not it made them truly happy.

After viewing the show, I asked myself the same ultimate question. If I had all the money in the world, would I be happy?

I have met many people in my life who seemed to have it all but still didn't seem happy. They could go to the store without a budget and go on trips without a worry but appeared unhappy. I would always wonder what could pos-



Nicole
Frank
Opinion

sibly be missing in their lives. They have it all and what right do they have to be unhappy?

There isn't a doubt in my mind that obviously life would be easier for me if I had millions of dollars, but then I think about my personal life and realize that money really wouldn't make any kind of a difference on that front or on what ultimately matters. I form relationships based on

my personality not on the amount of money that I carry in my knock-off Guess purse. I love my boyfriend very much and after thinking about it, I know I wouldn't love him any more if I had more money and I know he wouldn't love me more either.

If I won millions of dollars, the most exciting part would be being able to give all the people in my life that matter to me an easier life. I would give my mom a new house and also give her someone who could take care of it for her. After thinking about what I would do if I won money I realized that I could do all of these things without money too. It wouldn't be the

same but it would be more meaningful. Even though I can't afford to give my mom a new house or someone who can maintain it, I can do something more for her. I can visit her whenever I can and I can also have a connection with her that money can't buy.

I am human so I do picture my life being better, and better for me usually comes from money. Sitting down and actually thinking about how money would change my life has been a great and enlightening experience. I now realize that even though having endless funds would be great, having meaningful relationships means even more.

You have to be ever vigilant to avoid being scammed

By MITCH MUIR

You're at home watching your favourite TV show, and you hear the phone ring. You answer it, and the voice on the other end tells you that you are the lucky winner of a \$10,000 Caribbean cruise. In addition to stops in Cuba and St. Maarten, you'll spend a night at a luxury resort and spa. All they require is your mailing address, email and credit card number.

You know that feeling you get after you think you've been duped?

To avoid being scammed, be ever vigilant. Be wary of telemarketers, the Internet, scams through the mail or even door-to-door solicitors. It seems when we think we've gotten a step ahead of frauds, something new comes up.

In 2006, the federal government tried to respond to complaints about telemarketers

by launching a national do not call list (DNCL). In order to register for the DNCL, you can either call 1-886-580-3625, or log on to www.dncl.gc.ca and follow the steps outlined on the site. There are exemptions from the list, such as charitable organizations looking for donations or newspapers looking to sell you a subscription, so don't think it'll stop the calls entirely.

One scam was run by the office of the now former member of the house of representatives and Republican party house majority leader Tom Delay, who was charged in 2005 by a Travis County, Texas court of conspiracy of violating Texas election law and money laundering.

Delay allegedly raised more money than he needed and then sent the excess dollars to Roy Blunt, his interim successor in the House of Representatives. Some of the

money was alleged to have gone to Blunt's son, Matthew, for his campaign to become governor of Missouri.

Scams like that are hard for us to avoid. But here are some tips from Capital One on how to at least make yourself feel more comfortable when sending a donation:

1. If they put a lot of pressure on you to buy their product or to give a donation, don't give

in. If you feel they're the type to just keep talking in order to get the sale or donation complete, hang up the phone.

2. Don't pick the phone up. Or, some phones have a setting that allows you to have separate ringtones. Check if you have this feature, and turn it on if you do. For those of you who don't have the feature, screen your calls.

3. If you feel you want to go

ahead with the donation or buy whatever product they're selling, get all their information from them. Ask for the registration of the charity and their business number. You can check www.canadahelps.org to see if they're a legitimate charity, and if it's a business calling you, check them out on the Canada revenue agency (CRA) website.

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**COUNSELLOR'S CORNER:
Stress and Stress Management
Part 2: Coping with Stress**



In part 1, we discussed that stress is the continual change that we all face in our everyday lives, and that we respond to these changes in different ways physically, emotionally and mentally.

♦ A goal is not to eliminate stress but to learn how to manage it, even use it to help us. Raise your awareness of your stressors and your reactions to them. Don't ignore your problems.

If you failed the first test of a course, decide what you can do to increase your chance of success next time.

♦ What can you change? Can you avoid or eliminate the stressors?

Are you working too many hours? Is this interfering with your educational goals?

♦ Can you reduce the intensity of your reaction to stress? Are you making a difficult situation a disaster?

The presentation is only 5 minutes in length and worth 5% of your grade.

♦ Can you take better care of yourself, building your physical and emotional well-being? Exercise, sleep, nutritious eating and watching what you smoke and drink all add to your physical health.

Cut one cup of coffee from your morning routine.

Having mutually-supportive friendships, setting realistic rather than perfectionistic goals and being good to yourself, all contribute to managing stress.

For further assistance, talk to a counsellor in Counselling Services,
1A101.

WEARY STUDENTS TAKE A NAP ON CAMPUS

PHOTO BY FREEMAN CARTER

Whether students are using them to catch up on some sleep after a busy weekend, for a last-minute study session or just as a comfortable place to sit and chat with friends, the black leather chairs have been a welcome addition to the college campus.

Respect Week kicks off today

By NICOLE HANNUSCH

Respect Week is on at Conestoga College, and organizers are asking students to spend a little more time than normal considering the thoughts and feelings of those around them.

Forty-five volunteers from a variety of programs throughout the school will be banding together to show the community why giving each other respect is so important.

"Respect Week is an opportunity for us to celebrate the actions and behaviours that people do to make a difference in our community," said student life programmer Ryan Connell.

The week kicks off today. Students can make a donation to decorate a shirt with a healthy relationship theme. Donations will support Women's Crisis Services of Waterloo Region and the Anselma House Rebuild Campaign. Anselma House, a local centre for women and children fleeing from abuse, is looking to expand their facility to offer more beds and areas for children to be able to play and study.

Tuesday is Smile Day! Drop by the Student Life Centre to pick up a smile kit to brighten up your day or the day of someone close to you. Chartwells will also be taking part in Smile Day, offering smile cookies to students for a quarter.

On "Words of Encouragement" Wednesday, people are encouraged to tell their friends and their loved

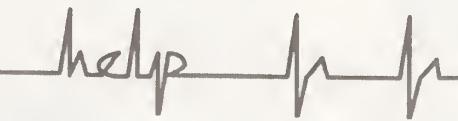
ones how much they appreciate them.

Thursday, the respect games will be taking place. The games will all have a twist, giving those involved the chance to put themselves in the shoes of another person to promote understanding.

"What's really great about the campaign is that people can see themselves in it. There's a way they can understand and identify with

these core messages that so many people can relate with on different levels," said Connell.

"As human beings, sometimes we just get bogged down with what's going on in our own lives and how stressed we can be with different work going on, we don't think about how we can help to enlighten others, and so that's our mission for the week: enlighten others."



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Learning Skills Services**Your Study Tip #4****Test yourself - before your test****Ask yourself questions.****Use your notes and textbook to check your answers.**

Make a private one-to-one appointment with a Learning Skills Advisor to discuss other ways to study.

The Learning Commons (Room 2A103)
519-748-5220 ext. 2308

HOSTED BY
Student Life
Inspire • Inform • Involve
& the Respect Campaign
Student Committee!

MON **RESPECTFUL RELATIONSHIPS CLOTHESLINE**
DECORATE A T-SHIRT FOR OUR CLOTHESLINE AND SHARE WHAT YOU THINK RESPECT AND RESPECTFUL RELATIONSHIPS MEAN!
Proceeds from the event will support Anselma House Rebuild Campaign

TUES **SMILE DAY**
JUST A SMILE CAN HAVE AN IMPACT! DROP BY THE STUDENT LIFE CENTRE TO GET YOUR SMILE!

WED **Words Of ENCOURAGEMENT**
ENCOURAGEMENT MEANS RESPECT! TELL YOUR PEERS AND FRIENDS JUST HOW MUCH YOU APPRECIATE THEM!

THURS **THE RESPECT GAMES!**
CHECK IT OUT IN THE STUDENT LIFE CENTRE! GET INVOLVED & LEARN HOW YOU CAN BE THE DIFFERENCE!

WEEK **RESPECT** **WEEK**
Be the difference.

Check out how you can Be the difference all week in the Student Life Centre!



HOROSCOPE

Week of March 29, 2010



Aries

March 21 - April 19



You will decide that it is a good idea to hike over an active volcano. This is a bad idea as there is very little oxygen at such high altitude.



Libra

September 23 - October 22

You will start drinking cola which is made with cane sugar instead of corn syrup. This is much better.



Scorpio

October 23 - November 21

During the weekend a tall woman with pink hair will try and steal your nose-hairs. You should stop hanging out in areas where weirdos like that spend time.



Sagittarius

November 22 - December 21

A girl wearing an outfit made entirely out of gabardine will try and sell you a motorcycle that runs on jet fuel. This could be fun.



Capricorn

December 22 - January 19

At some point on the weekend an elderly man, with six fingers on each hand, will punch you in the nose. I suggest you call the police after the incident.



Aquarius

January 20 - February 18

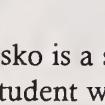
You will not get enough sleep. This lack of sleep is due to the fact that your neighbours are jerks. You should deal with them in some sort of fashion.



Pisces

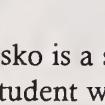
February 19 - March 20

You will find that your refrigerator has broken. That is terrible because you will have just done your grocery shopping. Hold off on going grocery shopping.



Virgo

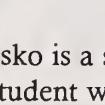
August 23 - September 22



Leo

July 23 - August 22

You will begin shouting at Microsoft for their ads, which claim that a bunch of random people created Windows 7. All the ideas were stolen from Apple.



Pisces

February 19 - March 20

You will use an Apple computer for the first time in your life, having used Microsoft OS for years. You will be shocked at how much better Macs are than PCs.

Nick Dasko is a second-year journalism student who makes these up for your amusement.

Giving back to the community

Volunteer opportunities abound

By FREEMAN CARTER

With the school year coming to an end, many students may be looking for some form of work, or a way to pad their resumes to get a job. Others may be looking to volunteer their time to help those less fortunate. Waterloo Region has a couple of different opportunities available for both.

If gardening isn't your cup of tea, the village is also looking for young adults to dress up in period costumes to assist in special events, musical performances, as well as demonstrations of activities from the turn of the 20th century such as woodworking and weaving.

Doon Heritage Village, a living history site set in the early 1900s, is looking for volunteers to help plant and maintain their historic flower and farm gardens. If gardening isn't your cup of tea, the village is also looking for young adults to dress up in period costumes to assist in special events, musical performances, as well as demonstrations of activities from the turn of the 20th century such as woodworking and weaving.

The Waterloo Region branch of Meals on Wheels and More is looking for volunteer drivers. The program runs on the first and third Thursday of every month at Fiddlesticks Community Centre, located at 71 Cowan Blvd., Cambridge. This would include picking up a couple of clients at their homes, transporting them to the meal site, enjoying lunch with them, and then driving them back home. For just a few hours of your day, you can help change someone else's. Pick-up starts around 11:15 a.m. and drop off ends around 1:30 p.m.

They are also looking for

Friday drivers to deliver meals to their clients, starting at their Franklin Boulevard office in Cambridge. Routes take no more than an hour, starting at 10:45 a.m. This can help make a tremendous difference in the lives of senior citizens in the community. Fill-in drivers are also needed, in case the regular volunteer driver is unavailable. For all positions, contact volunteer co-ordinator Kate Lavender at 519-772-8787, ext. 216, or by email at katel@communitysupportconnections.org.

Finally, Kidney Cancer Canada is looking for an administrative support volunteer to assist in their office a half a day a week, during the day. The day and time are flexible. Tasks will include assisting in the preparation of large-scale mailings, assembling information packages, updating Excel spreadsheets, website updates and filing. Strong verbal and written English skills, as well as previous experience with MS Word and Excel is needed. Contact executive director Tammy Udall at 519-620-7241 or at tammyudall@kidnycancercanada.ca.

DUCKS AND GEESE FOLLOW THE WARMTH



Ducks and Canada geese gather at the shores of Lake Ontario. As the warm weather continues, more of our feathered friends will arrive at lakes and rivers throughout Ontario.

PHOTO BY CHRIS BATT



Community in danger of losing resource for eating disorder sufferers

Eating disorder coalition desperately needs funding to continue supporting the Region

By JANELLE SCHEIFEL

Eating disorders have the highest death rate of any mental illness.

If this isn't scary enough, 27 per cent of girls aged 12 to 18 suffer from at least one symptom of an eating disorder.

Despite these statistics, Waterloo Region is in danger of losing an important resource in the battle against eating disorders.

The Eating Disorders Awareness Coalition of Waterloo Region (EDAC) could disappear come June if it doesn't secure an immediate cash influx.

"We're the only organization that provides education, prevention and support," said Kathryn Barratt, executive director of EDAC. "Without us they wouldn't know what to do or where to go for help."

EDAC provides a frequently updated online directory of professionals and resources

available in this community related to eating disorders, including doctors, psychologists, dieticians and university/college departments.

Should EDAC not survive, there will be "no prevention and wellness programs for the schools."

EDAC currently does presentations about eating disorders and positive body image that are specially tailored to groups of students in Grades 5 to 12. EDAC also conducts a Grade 6 girls group that runs for 10 weeks and helps build resiliency skills. Presentations are given by trained university students with a background in nutrition or psychology. The facilitators for the girls group are social work or masters of social work students.

EDAC has over 100 volunteers and about 70 per cent of them are university or college students, many of them fulfilling practicum, placement or community service hours.

"They want the experience," said Barratt. "We provide meaningful opportunities."

Cathy Menard became involved with EDAC four years ago when her daughter was struggling with eating disorders.

She started attending the Family and Friends Support Group for loved ones of an eating disorder sufferer which is run through EDAC.

Loved ones are hit especially hard when an eating disorder strikes because they often feel powerless.

Menard.

Connecting with EDAC was "one of those turning points in our lives" said Menard. Suddenly they had access to specialized resources that related to the care of their whole family – the individual with the eating disorder and those supporting her.

"They offered our family all the resources ... It's kind of like the spoke in the wheel" pointing you to what you need.

Menard recently wrote an editorial for the Waterloo Region Record highlighting EDAC's financial plight. She is also involved in promoting healthy eating habits at her job with Service Canada and is also in contact with local politicians.

"There is a serious lack of focus on the part of the Ministry of Health," said Menard.

When Menard was seeking inpatient treatment for her daughter, she found out that

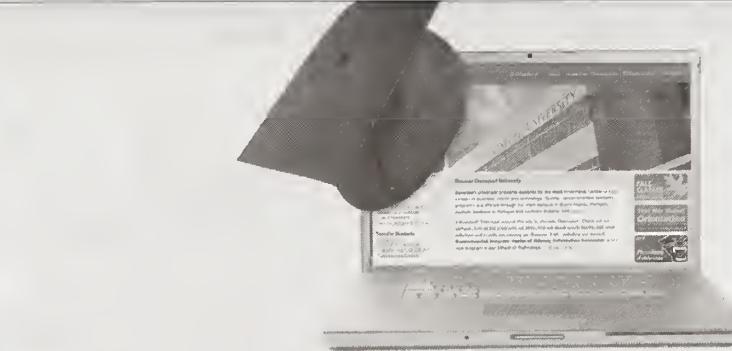
the wait to get a bed at Homewood, a treatment facility in Guelph, was over a year long for an OHIP bed. Non-publicly funded beds were around \$20,000 with no guarantee that it would work.

Menard also learned that the province is willing to send gravely ill patients to the U.S. where treatments can cost over \$1,000 a day. However, OHIP will only pay for treatment south of the border if the patient is in danger of permanent damage.

Eating disorders are not on the mandate for most health networks and receive little funding. Menard has been in contact with MPP John Milloy in an effort to get eating disorder services more money. She has received no reply to date.

For more information about EDAC or to make a donation, visit their office at 67 King St. E. in Kitchener, call 519-745-4875 or visit their website at www.edacwr.com.

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GETTING RID OF THE DIRT TO MAKE ROOM FOR THE SCHOOL



PHOTO BY MITCH MUIR

Gateway-Milloy is almost finished with the earthwork it began March 10 for the new F-wing. Stantec Architects revealed the blueprints for the F-wing designs on March 23. It will have a 70,000-square-foot simulation lab for police foundations students, which will be the largest in the world.



PHOTO BY MITCH MUIR

This front-end loader was put to good use on March 25 clearing all the excess dirt off the tarmac. At this point the crews had the hole partially dug and levelled for the foundation to be installed.



PHOTO BY GREG COWAN

This hydraulic excavator was put to work early on March 11 as construction crews began working on removing the soil. A general contractor has not yet been named, but hopefully will be by the end of April. Crews have been working hard to get the work finished on time.



PHOTO BY DANE BRASON

The excavator sat dormant on March 15, waiting for work to begin again later in the day. The sight of the machines was not welcomed by students who have to park in the blue lot.